



# California Warmlines

## 1. **California Statewide Peer-Run Warmline -MHA-SF**

<https://www.mentalhealthsf.org/peer-run-warmline/>

Toll-free Call 1-855-845-7415

Or Chat via IM

Hours:       Sun 7am – 9pm  
              Mon 7am – 11pm  
              Tue 7am – 11pm  
              Wed 7am – 11pm  
              Thur 7am – 11pm  
              Fri 7am – 11pm  
              Sat 7am – 3pm

## 2. **Project Return Peer Support Network Peer-Run Warmline Los Angeles County Residents**

Warmline hours Mon-Fri 5pm-10pm, Sat 11am-4pm, Sun Closed

(888) 448-9777 English and by text

(888) 448-4055 Spanish and by text

## 3. **The OC Warmline** - NAMI Orange County

(714) 991-6412

Hours: 9am to 3am Monday-Friday; 10am to 3am Saturday & Sunday

Languages: English, Spanish, Vietnamese and Farsi

Interpreter Services available

## 4. **Warm Line: Consumer to Consumer** -The Meeting Place Clubhouse, Inc. for San Diego residents only

Toll Free: (800) 920-WARM (9276) and (619) 295-1055

Hours: 4:00 P.M. to 11:00 P.M., 7 days a week except Holidays.

## 5. **Northern Valley Peer Run Talk Line**

Butte County, California--A confidential non-crisis peer support network. You are not alone, we are here to listen.

Toll Free: 1-855-582-5554

Open 4:30 pm-9:30 pm 7days/week 365 days/year

## 6. **San Joaquin County BH Services Consumer Support Warm-Line**

(209) 468-8686

Operating 24/7 since July of 2008.

For local San Joaquin County residents only.

## 7. **Warmline Connection (NAMI Sonoma)**

866-960-6264

Hours: Mon-Fri 9am - 5pm